Post-Traumatic Stress Disorder and Health-Related Quality of Life Among Refugees in Palabek Settlement, Northern Uganda

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ABSTRACT

This study examines the prevalence of Post-Traumatic Stress Disorder (PTSD) and its impact on Health-Related Quality of Life (HRQOL) among refugees in the Palabek Refugee Settlement, Northern Uganda. A total of 610 refugees, aged 18 and above, who had resided in the settlement for at least three months, were surveyed using the PTSD Checklist (PCL-5C) and WHOQOL-BREF. The results revealed that 66.9% of refugees had PTSD, with an average QoL score of 12.34. PTSD significantly affected quality of life, particularly in the physical (B=0.85, p=0.004), social (B=0.87, p=0.014), and environmental (B-0.59, p=0.030) domains. Being Muslim was associated with lower physical QoL (B-4.81, p=0.010), while limited education correlated with poorer psychological QoL (B=0.81, p=0.014). These findings underscore the need for targeted mental health programs, integrated healthcare, and culturally sensitive support. The study also calls for policy improvements in mental health services within refugee settlements and recommends further qualitative research to explore refugees' lived experiences, as well as longitudinal studies to track changes in PTSD and HRQoL over time.

Keywords: *PTSD, Health-Related Quality of Life, Refugees*